# A. L. LUDWIG, ST. LOUIS MERCHANT, DESCRIBES MEXICAN BULL FIGHT.

He Accompanied Toreador and Viewed Selection of Four Large Animals for Contest Which Took Place at Durango.



WRITTEN FOR THE SUNDAY REPUBLIC.

Choosing the bulls for the "Corrida" in Mexico is not as simple a matter as the

uninitiated imagine.

The method of selecting them was witnessed last March by A. L. Ludwig of No. 614 Walnut street, who was traveling in Mexico for pleasure, and at the same time

Mexico for pleasure, and at the same time advertising the World's Fair.

At that time he had occasion to visit the estates of Senor Don Nicholas del Moral, San Jose Parangueo, Valley of Santiago.

The senor has an immense herd of bulls, raised especially for fighting purposes.

On this occasion Mr. Ludwig viewed the selection of four bulls for the "Corrida" to

be held at Durango soon after. He traveled to the scene in a carriage with one of the famous toreadors of the day, Senor Joaquin Lonar.

Lonar had been delegated to choore the
animals for the Durango affair.

The most skilled toreador is usually given

harge of this business. success of the fight depends upon the y of the "bravos," as bulls are called

ferocity of the "bravos," as bulls are called by the Mexicans.

If anything will start a riot in a Mexican crowd it is a tame bull fight.

The management is expected to have the most dangerous animals procurable for his

oreadors to face.

If there is not enough excitement in the

If there is not enough excitement in the ring to satiate the overwrought nerves of the spectators, they are liable to give vent to their wrath in an unpleasant manner. So this bull-choosing is very important. Mr. Ludwig took his camera with him and made snap-shots while safely seated upon the stone wall of the corral.

In the middle of one corral is placed a dummy figure, dressed in toreador style. DUMMY PLACED IN MIDDLE OF INCLOSURE.

From another inclosure a bull is driven

From another inclosure a bull is driven into the corral that is to be the scene of

selection.

He is about 2 years old and has in his veins the blood of the famous Spanish "hravon."

His borns are long and sharp.

His eyes are bloodshot and glittering with rage, if he has been properly dieted.

He stands a moment, taking in the situation.

In the middle of the inclosure stands the my, while in the corner is Senor Lonar,

od "capa" in manu.

Then the "capa" is waved like a sheet of blood and the bull begins to bellow.

He seems fascinated by the tantalizing All his energy is focused in the desire to destroy the thing.

WRITTEN FOR THE SUNDAY REPUBLIC.

Uncle Sam is making good housekeepers

zew, cook, wash and iron and to clean and

In sewing circles and afternoon teas the

are trained to a conduct so admirable that

it can never be said of them, as it has

been of Eastern tens, that the object of

the girls and women present was to "Gig-

gle, gaggle, gobble, git!"
Character building through housekeeping

is Uncle Sam's theory-a theory which wil

apply to any class of his girls, but the

Indians especially need it, since by nature they are unambitious, indolent and inclined

to be mechanical in whatever they under-

To rouse them from this to a persona

interest in their work, to train their intelli-gence, as well as their hands; to impress

upon them the dignity of labor; to convince

them that it is not so much the kind of

not lead them to believe the Indian ever has heard that "Cleanliness is next to god-

liness," So cleaning is the beginning of

the housekeeping programme,
When the Indian girl of Oklahoma is

taught to clean house she calls it "making it new," and she makes the house new in

a way that would satisfy the most exact-

move everything out of the house to sun and dust it. As the possessions of the In-dian are not many, this does not take long.

Then the inside of the house is vicorously

phelves, every corner and crevice.

Dishes come next, and are polished until

they shine, then placed in neat rows on the

ered with paper, or ollcloth, if it be obtain

Simple curtains provided by Uncle Sa are put up at the windows and a few pic-

tures are tacked on the walls. The thor

oughly dusted and aired furniture is then

A knowledge of cooking being the mos

essential of the housekeeping arts, the girls are taught it at the Indian schools in

How to make soups, prepare and cook vegetables, make and bake bread, ples and

simple puddings are the chief things taught. Many of the girls become excellent

At Phoenix, Ariz, where there is one of

all its practical branches.

der the Indian girls calls it "making

lves, the shelves having first been cov-

This is started by instructing the girl to

Uncle Sam is trying to create.

ing New England housewife.

TRAINING INDIAN GIRLS TO

He throws up clouds of dust with his hoofs and then charges

'Quickly the toreador runs to the center of the certal where the dummy stands.

The bull changes his course with light-

ning-like rapidity.
But the toreador is too quick and too

But the toreador is too quick and too clever to be caught. He puts the dummy between himself and the enraged animal, and then darts aside.

The bull is sure of his prey, and pounces upon the gaudity dressed form full tilt.

Instead of fiesh and blood he catches

ipon his horns a figure of straw or sage After that the toreador is forced to take

After that the toreador is forced to take to his heels, as the bull cannot again be fooled by a straw man.

Of course, this "birao" has shown his high breeding and proven himself feroclous enough, and is lured into a cage.

He is then securely padlocked and wheled away to the railway station, where he is placed in a car ready for shipment to Durance.

On his ranch Senor del Moral has 2,00

fighting bulls, most of them of the mix-ture of Spanish and Mexican, called par-During their growth they are fed on grass pastures and salt, with plenty of sage brush about.

Sage-fed bulls are the most ferocious. From the time that they are selected for a fight until they enter the ring they are not given a morsel to eat, or a drop to drink.

BULL FIGHTING IS AN EXPENSIVE AMUSEMENT Four animals are used at an average cost

of \$1,000 each.
The toreadors number from twelve to six-They are paid from \$100 to \$5,000, accord-

ing to their fame and skill.
Usually a troupe is managed by some matador, who has made a name for himself. He employs assistants and is master of ceremonies while in the ring. The matador is the first to show fight to

the buil, by waving his "capa" in the animal's face Then the assistant performers enter or

horseback, carrying long spears. Their duty is to tire the bull out by jab-

The horses used for this purpose are, as a rule, neither young nor valuable. It would not pay to kill half a dozen

good horses at every fight.

The defenseless animals are gored until
they fall from loss of blood.

PHOBOPHOBIA IS LATEST DISEASE.

Morbid Fear of Its Victims So Undermines Their Nervous System That Physicians Find Great Difficulty in Affording Relief.

Are you suffering from phobophobia? Perhaps you are not suffering from it, although there are those who do. But it is most likely that you have it in some form, and are not aware of it.

Phobophobia is not a new disease, but as old as man, and its forms are legion. A few days ago there came from Easton, Pa., a little dispatch, announcing the sudden death under peculiar circumstances of

one of the old residents of that city. it was said that the man had such an aversion to any foreign substance floating in his food that when a fly fell into a cup of coffce which he was drinking he was completely prostrated, and expired within n few minutes.

The dispatch added that his death was due to heart failure To most readers that statement is con-

sidered satisfactory.
It is apparently a good explanation of the

As a matter of fact, the man was, if the statements in the dispatch are to be relied upon, a victim of phobophobia. It is quite likely that the victim had

never given ble malady a name. Nevertheless, his was a remarkable case of the disease, which is present in one type or another in nearly every human being, but seldom in so acute a form as in this instance. Take down your dictionary and look up

There you will find it described as "a

norbid dread of being afraid," Whether or not there is such a disease as hydrophobia, there is no doubt that there is a widely sprend dread of that clis-

and driven downward with a deterous turn of the wrist, so that the heart is piercod. If one stood exactly behind the bull when The phenomenon of hypochondria is too well established to have its existence disputed, and this, too, is but another form of the intense strain the mind may be subject to by imaginary fears.

And it should be remembered that phobophobia is one of the bugbears of the supersensitive or highly strung intellects, and feed principally upon a disorder-1 imagination.

Phobophobia may be said to be really an unconquerable sense of fear.
WILL NOT USE ELEVATORS.

There are numerous instances of person of evident education and intelligence who will not go into an elevator car, It is useless to argue with them that the accidents are something less than one in a million trips.

The answer is that in the law of chance there is no certainty when that accident is to occur. It may be in the first trip, in the thousandth, or it may be until the millionth. There is present the fear which to mos

people is considered unreasonable. The dread of snakes is perhaps the moswidespread in the whole field of research The fact that there are comparatively few poisonous varieties of snakes in North

America, and no constrictors of sufficient size to awaken fear, will be admitted by the persons whose dread of the reptile is quite beyond their control. In some cases this fear is so great that even the picture of a snake will set up a disturbance in the disordered intellect that will render the nervous system a week for

The number of persons who will not en-ter the reptile house of the Zoological Gar-dens one might say amounted to at least one-fifth of those who visit the gardens; yet it is well understood that there is no chance of escape for the crawling crea-

In order to add spice to this feature of the show, it is done where succor could not arrive from the other torendors in time to save the man. The mere sight of them is enough in some instances to throw the beholder into paroxysms of terror.

THEY DREAD INSECTS.

r this daring feat men get from \$125 world, generally, exert the greatest influworld, generally, exert the greatest influ-ence in keeping alive the disease. Few spiders are really venomous to man; indeed it has been claimed that none of them are capable of giving a fatal bite to a full grown person in good health. This, too, has been claimed for some of the recognized venomous snakes, and in bites of rattlers and of spiders.

A lady of education and refinement, but who showed a predisposition to psychomeu-rosis, had always expressed a fear, which was believed to be only a traditional distik-

Her brother thought one day to cure her fectation, so he procured several spiders of large size, and placing them in a small box, such as jewelers use, brought the box to his sister as a present. "See what I have brought you," he said with a smile, opening the box and passing

it over to the young woman, who believed she was about to receive a present of a little of jewelry.
took the opened box, and, moving aside the cotton, disclosed to view the spiders, all of them now dead because o

heir confinement.

No sooner did the young woman see the contents of the box, which she, as much as any one else, appreciated were harmless, than she cast it aside, uttered a scream and in a paroxysm of fear fell senseless to the The physician had to be sent for, and the

young woman spent nearly a week in bed, recovering her shattered nervous system, says the Philadelphia Inquirer.
She knew the spiders were dead and could not harm her, as she alterwards confessed, but the fear was uncontrollable. It is needless to add that in her case her family

admitted phobophobia was a disease and TROLLEYS CAUSE TERROR.

TROLLEYS CAUSE TERROR.

Instances of an unnatural fear of crossing bridges which are considered entirely safe, can be given.

Even the fear of riding in cars on the surface roads as well as on steam roads is, in many cases, real or present in such a manner, that the fear cannot be overcome by

nausea in some persons, who are themselves the first to admit that there should be no good reason for the phenomenon. Phobophobia may be said to be a coffi-scious senseless fear, for in most cases of

scious senseless fear, for in most cases of persons so afflicted the victims can reason on the phenomena, but are entirely unable to control their feelings.

From its nature the disease is a very difficult one to treat.

Beyond some drops given to quiet the nerves at times when the disorder is present in a violent form, little can be done for the relief of the patient.

It is possible, however, for the disease to be banished in some cases by calling to the aid the principle of deferred suggestion as practiced by hypnotists.

be banished in some cases by calling to the aid the principle of deferred suggestion as practiced by hypnotists.

The patient is hypnotized, and while in the condition of hypnosis is directed by the operator to forever banish the thoughts which make the disease a real one.

The hypnotic sleep is then broken and it is likely that the patient is cured. The phobophobiac has a moment of real agony at the very mention of the name of the object which causes him those pangs

of terror

He knows that the sight of the object is always accompanied by uncontrollable fear, hence it is that not a little of his suffering is caused by dread that he will be made afraid and from this fact arises the origin

of the name.

This accounts for the death of the Easto man, who, although he knew very well that the fly in his coffee was dead, was seized by who showed a predisposition to psychomeu-was believed to be only a traditional distike, man, who although he knew very well that the fly in his coffee was dead, was selzed by an uncontrollable fear, and expired, not from heart failure, as stated, but from

### ST. LOUIS CANDY EXPERT TELLS HOW TO MAKE CHRISTMAS SWEETS.

GRANULATED SUGAR, GLUCOSE and CREAM of TARTER are INGREDIENTS NEEDED for FOUNDATION CREAM.



WRITTEN FOR THE SUNDAY REPUBLIC. To make good candy, use granulated su-

There are the ingredients needed for the fondant or foundation cream.

This fondant is for all creams or bonoons, except the fruit cream. To make fondant, use eleven cups of grantilater sugar to three wooden spoonfule of glucose, and a large pinch of cream of tar-

First put the granulated sugar and glocose together.
Then dissolve the cream of tartar in a lit-

these ingredients, enough to thoroughly dissolve and cover the sugar. Mix with the wooden spoon until the in-

bottom of the kettle.
In making any kind of candy always pobaling water over your sugar to keep from crystallizing.

If the fondant crystallizes, it can be cut after pouring a little acid over it. Pour boiling water over the surar, glucose, and cream of turtar, and cover only until the batch commences to boll.

Then remove the cover. In order to prevent the fondant from crystallizing take a damp cloth and wipe off the sides of the

kettle, just above where the sirup leaves a

the arguments for each sleeper having a bed to himself.

ORGANS RECOME EMPARPHASSED.

ody becomes congested and the organs beome embarrassed, and since to sleep means omplete rest it is essential that the body

complete rest it is essential that the body should instinctively change positions until a comfortable one is found. Bearing upon

this point, one observer advises persons who suffer from pain in the back on awakening to lie for a while on the stomach before arising, thus to counteract passive spinal

"No matter how restless a person is be

fore he goes to sleep, if in the end he gets

that a good sleeper was always the most

"Menander went so far as to say that all diseases were curable by sleep, but whether

this can be taken in its broadest accept

ance is a question. However, the fact is quite apparent to all physicians that very often sound sleep marks the crisis of a dis-ease and is the beginning of convalescence.

REAL BEAUTY SLEEP.

the morning, when the most profound sleep occurs, was the time usually selected for

development and least cultivated persons

curable of patients.

In some attitudes the under part of the

quantity of the candy and put it in the If it forms small balls like shot or ropes in the water it is time to take it off the

If the fondant is made right it can be

handled like dough.

Should the foudant be cooked too much, thin it with water.

When boiled to the right consistency, pour out the foudant and sprinkle cold water

Let the batch cool and then use either a wooden spoon or a large paddle in stirring it. The more deliberate you are about stirring the fondant the smoother will be

the candy.

When stirred until it creams, pile in a mass and put a damp cloth around it, to keep it from lumping. If you want to use this fondant immediately take a small the candy.

quantity at a time in the hands and work out all the lumps. Next week I will give directions as to how to color and flavor.

JESSIE DELMAS.

"Most persons have an idea that they can

choose any time for sleep, that the night watchman, for instance, can get as good sleep in the daytime as at night, but this

is a mistake. The influence of light is stimulating, especially through the closed lids while the usual noises of the daytime

are far from composing, "In the extreme North, with its almost

### SCIENCE OF DREAMING.



AN EXCEEDINGLY GRACEFUL POSTURE.

WRITTEN FOR THE SUNDAY REPUBLIC.

However, there are certain hygienic rules to follow which not only produce the greatinterpreted as meaning no dreams at all.

That there is much in the state of the st

conditions, as well as the benefits derived from assuming different postures in both health and sickness. COMFORT INDUCES SLEEP.

One of the main considerations with ealthy person who wishes to induce s'eep to get into an attitude which is easy and

lle on the left side and back. After that age the majority, both male and female, sleep on the right side, while a few !le flat

on the back.
"You will notice, if you chance to see a child asleep, that almost invariably you will find that it has thrown one arm above

with both arms thrown over the head and the lower limbs apart and extended. "Older persons, however, are more likely

to lie in a curled up position on the right side, with one hand under the pillow for easy adjustment of the head. "That there is a reason for this is ac-knowledged in science, and very likely it is

due, in a measure, to the fact that older people don't like to listen to the sounds of the heart, being thus reminded, perhaps, that they are mortal, and that each beating pulse 'leaves but the number less.' "
"How do soldiers lie?" was asked. "Surely they ought to take a posture that is the best in every respect."
"It has been noticed in camp life," an-

swered Doctor Shrady, "that soldiers almost invariably sleep on the right side, with the knees drawn up and arms thrust out. Fre-quently the soldier lies flat on his stomach. and rests face downward on his hands. In this position the earth seems softer to him than if he were lying on his back. There are no bones in the stomach against which his weight would press. ANOTHER EXPLANATION.

"Another reason is that in this position the light is kept from the eyes, whereas if he lay on his back the glare of the light would retard sleep. Still another explanation for this instinctive posture is offered by a man who has investigated the subject. He says that animals frequently sleep with nose buried in their paws, which character-latic would indicate that less air is conducive to good repose. This may account for the peculiar way some persons have of sleeping with face buried in the pillow." "Do you think, Doctor Shrady, that good sleep depends entirely upon position? Is there any particular advantage in lying or

"Certainly, a great deal depends on the position, although it is said that the sav-age slept in any way, even sometimes standing up or lying in any posture on a Sleep in this temperature has been tested

"What about restless sleepers? Are there any rules for them to follow, which will induce repose?" "Strange to say," was Doctor Shrady's

endless nights, there is a low development of vital force. On this account Greely ob-served that the effect of the darkness on the spirits and temper of his men was par-ticularly noticeable. The argument in favor of darkness is that it deprives us of our habitual sensations due to the stimulus of light and sound in the external world. Then the excitations from the other world are re-duced to a minimum and the cerebral mech-

anism is in a state of temporary repose, which condition of itself directly invites sommolency. Beyond this point long con-tinued darkness causes absolute depression-"DARK HOURS FOR SLEEP." Some observers go so far as to say that the dark hours were made for sleep and the sunny hours for life work. They even invegh against the practice of getting up before sunrise, claiming that the old tradi-"One old master of a large school for young boys noticed that when the children were forced by the regulations to rise by candle light they were always irritable and out of sorts for the day. Here was matched an absurd school disc'pline against the

needs of Nature.

"The influence of sunlight is a potent fac-ter of cheerfulness, and contrariwise, darkerver—sometimes gain the greatest benefit the end. Very often the soundest sleeper hanges his position three or four times be-balls, reverses the order of things." "Do all persons dream?"

"The only way to reply to that question is a dreamless one. In this respect the healthy man dies to himself every night. He is lost to centact with things visible and

"The cause of dreams is due, in a great measure, to position. The position which provokes dreams is often that of lying flat along the spine causes a retardation of blood flow from the brain, which results in a temporary congestion of that organ. This state gives rise to all sorts of conscious fancies, usually connected with previous experiences more or less remote.

fore he goes to sleep. If in the end he gets into a sound slumber, there is no physiological reason why his sleep should be unsatisfactory—that is to say, if he is restless before going to sleep and then gets into a good position and maintains it for the usual number of hours he is apt to be quite rested and refreshed upon waking. All other things being equal, the man who is a good sleeper is a good worker there. "Disagreeable dreams are almost invari-ably caused by lying on the back. Usually the discomfort resulting from this position the discomfort resulting from this position is short lived, for the aleeper changes instinctively and the dreams disappear.

HOW TO AVOID SNORING.

"Those who have the unfortunate habit of snoring almost habitually lie on the back. The sound of snoring is due to two conditions—the flopping of the palate at the back of the throat and the falling back of is a good sleeper is a good worker. Hence it is said that a man who can sleep well and eat well should be healthy. "Sir Benjamin Richhedson maintained

the tongue during inspiration, thereby nar-rowing the aperture in the throat.

"In regard to the time required for sleep, eight hours may generally be considered sufficient for the average person. Some, of course, can do with less. In keeping the body in good physical condition sleep is ble to wear out. It is well known that all

"Do I think there is a 'beauty sleep'?
Well, I haven't heard it called by that
name, but it is now pretty well conceded
that the time when sleep is the most promachines require rest; razors, for instance, have to be put away for a brief period. Evhave to be put away for a brief period. Every instrument needs its resting time, and how much more does the machinery of the human body require time to recuperate.

"It is absurd to think that you can train yourself to do without sleep. It is essential to good physical condition. Very often habits of insomnia are induced. There is a time for everything—to cat when you are hungry, to drink when you are thirsty and certainly to sleep, when you are the found and beneficial is generally the last quarter of the second hour. The intensity decreases to four and a half or five and a half hours, when a second maximum occurs, which is usually near dawn. Hence Doctor Graves asserted that between 3 and 4 in surprising camps.

"Another curious fact is that the least

to sleep when you are tired. These are the three cardinal rules for health, but they must be obeyed to the letter and spirit of nature's law. The man who can eat well and sleep well can always work well."

work, ornamented with wreaths and at-

tachments of fine gold.

The great Russian find surpassed in value and interest even that of Hildesheim.

## TREASURE HELD BY THE SEA.

#### ALITTLE KNOWN RECOVERIES OF GOLD AND SILVER.

The success which has attended the spec-ulators who bought the wreck of the Standard Oil Company's treasure ship off the New Jersey coast recalls some little known recoveries of treasure trove on sea and land. There is, for example, the exploit of a littlet group of English speculators who, in 1687, formed a syndicate to search for the richly laden Spanish galleon wrecked in deep water near Hispaniola. Vast quantities of builden were rescued

from their ccean vaults, and adventurers who risked \$5.0 received the handsome re-turn of \$50,000.

The Crown's share of the find was only

and interest even that of Hidesheim.

The superb articles now deposited in the Winter Palace include the famous Nikojol vase, of which M. Thiers once declared that to gain possession of it would justify war being made on the Muscovite Empire.

One of the most interesting of chance's discoveries was the unearthing in 1858 of the eleven crowns of the Gothic Kings who ruled in Spain during the Seventh Century. Some countrymen near Toledo observed fragments of jewel and gold work, which had been washed out of the earth by heavy rains. \$50,000, but the Governor of Jamaica (Lord Albemarie) netted the huge sum of \$450,000. The astonishing success of that expedition led to the undertaking of countless similar enterprises, most of which were total fair-ures, and none of them had any appreciable heavy rains.

Gathering their finds in a heap, the Not many years ago a syndicate attempt

ed to discover the army chest lost by Na-poleon at the battie of Aboukir Bay, Egypt. Parts of the sunken vessel were found, but the chest and its wealth remain at the bottom of the bay.

Among the treasure unearthed on land was the Hildesheim, found in a trench in

The priceless articles, which are lodged in the Berlin Museum, include solid silver plates, pois and glow pans of exquisite design and workmanship; a complete dinner service, numerous cups, goblets and dishes, all of silver, and of beautiful Grecian

peasants divided them into equal shares.

To the treasure-seeker the sea presents a boundless sphere of adventurous operations. Countless millions in builion lie hidden in its depths and much of it in places by no means inaccessible.

means inaccessible.

Probably most of the sunken treasure is easily reachable if only its exact location was determined.

There are at least \$10,000,000 somewhere in Vigo bay, which sum, in gold and siver, was thrown overboard from or sank with the French and Spanish gallsons in 1792.

Luring the engagment there the english Admirat surprised the citacel at night and forced an entrance to the bay, in which lay the treasure salps protected by the guns of the fort.

Nearly \$10,000,000 in money and merchandise were selzed by the English-Dutch forces.

the best equipped of Uncle Sam's schools there is a fine bakery, which not only sup-plies the school table with appetizing wholesome bread, but teaches the pupils how to make many kinds for family use. This is a boarding school and no girl is al-

lowed to leave until she has become an expert baker.

This includes more than the making of of his Indian girls. They are learning to

BE GOOD HOUSEKEEPERS.

the bread. She is taught that only scrupulously clean and washable dresses must be worn in the bakery; that special attention must be given to the cleanliness of the hands and nails. The care of the breadpans, sacks, boards and boxes is important, while the care of the fire and oven is a lesson in itself. Then there are practical talks on white

bread is-the different grades of wheat, the most important cereal; the difference between flour made from winter and from spring wheat; making yeast, setting spenge mixing, molding and baking; why the starch in flour should cook thoroughly, which can only be done by molding the dough to such a form that the heat will penetrate to the center; how long to cool the loaver before they are put away, and last, but not least, the art of cutting the bread into thin, dainty slices and serving them on a rlate

work, but the manner in which it is done which is important-that is the sort of In in an attractive manner. At a day school in South Dakota Uncle dian housekeeper and future homemaker Sam provides the lunch rations, and the The homes of the Indians when Uncle girls, assisted by a teacher, prepare the Sam's agents first take a peep into them do

The meal usually consists of coffee, bread, acon, beans, dried fruit and syrup. Bean soup is the most popular dish, and cs the allowance of beans is sometimes scanty the soup is often merely "one bean and two

In Oklahoma, on the contrary, beans as well as all rations are abundant, and at the Osage boarding-school the culinary department is well supplied with vegetables, milk, butter, eggs. as well as tinned meats in great variety. Sewing circles and quilting bees are in

great vogue among the Indian girls and women in the Rainy Mountain district of

Oklahoma. The idea was suggested by a New England teacher who wanted to cultiwhom she was associated Her suggestion to the girls that they as semble weekly in the homes of one another to sew met with immediate response from

mothers and daughters, with the result that an unusual amount of work was accom-

At the end of the meeting this teache aught them how to make, serve and partake of afternoon tea.

Three of the Rainy Mountain sewing so

cieties have in the last year earned \$226 making quilts, while their output of gar-Some of the members are the proud pes sessors of sewing machines, which they have bought themselves and use in their

There are forty-seven machines among them and 480 garments have been made on them from civilized patterns. At a flourishing school in Utah the girl are particularly expert in using sewing machines. They are first taught to cut and baste garments before putting them

The more experienced of the girls are permitted to use the machines during off hours and many of them take advantage of this to make for their mothers or little sisters dresses or undergarments from material which they have purchased themselves. The Indian girls are initiated into the mysteries of the laundry. Boys are also de-

and cause the bull to bleed at the mouth

The weapon is inserted in the shoulder

he is slain, it would appear that the mata-

for threw himself squarely between the

norns. A less skillful man would swerve a little

from the dreadful horns.

It is seldom that these rules, which have

prevailed in Spain for centuries, are

A light of to-day in Mexico is exactly what the dons of old Castile were wont to

enjoy.

There is but one innovation of recent

The feat requires absolute fearlessness and perfect control of all the facuities in

Dressed in a toreador's suit, snow white, with powdered wig and painted face, the performer takes his position on a platform raised near the gate, where the buils made their entrance.

The platform is directly in line with the

course the animal will take after he sees

The Don Tancredo stands with folded

erms, to represent a statue as nearly as pos-

When the bull sees him he arrests his

charge long enough to examine the strange white figure in his pathway. He advances suspiciously, half-suspecting

While he paws and bellows violently, he watches the "statue" keenly for some little

If this is only a piece of marble fash-ioned like a man, he will not waste any time with it, while warm flesh and blood is awaiting the tips of his horns.

If, however, Don Tancredo so much as winks an eyelash while the bull is inves-

tigating, he will bec harged upon and prob-ably gored to death before the crowd.

Mr. Ludwig is enthusiastic over the pleas

ure to be derived from a trip through Mex-ico, and is preparing to go again in 1963.

He will continue his work of interesting the Mexicans in the World's Fair.

NEW FIGURE CALLED

THE DON TANCREDO.

the presence of danger.

the matador's "capa."

sign of life.

changed.

date.

talled for this work, particularly where the laundry is run by machinery. At Grande Ronde, Ore., the school laun dry is in charge of a full-blooded Indian,

Mrs. La Rose Quenel, whose assistants are girls and boys, all performing their parts In Idaho and Kansas an outing system for the girls has been inaugurated, which proved successful during the last summer

Through the vacation months Indian girl

students are placed in the homes of whites that they may be benefited by observation of and a part in civilized life. The girls are competent to do housework for which they receive wages, and thus, in addition to the other advantages, gain the

experience of self-support. As Uncle Sam knows that all work and no play makes Indians dull girls, he indulger them in healthful games, the most popular of which is basketball. There is a belief at Carlisle, Pa., that this

equipped gymnasium of the school an instructor drills classes daily, and the present team is the pick of 1903. All the inherited tendencies of the giristheir habitual swiftness, suppleness and endurance-particularly fit them to excel in

year's team can't be beaten. In the finely

In many of the schools there is a weekly social evening consisting of games and dancing. Light refreshments are served, the girls being permitted to prepare the food on a small cooking stove in an adjoining room. A teacher is always present to direct the games, but her chief occupation is to teach them social etiquette.

That manners improve morals is part o Uncle Sam's creed. In some of the boarding schools, notably in Oklahoma, the girls and the boys are not separated at their meals, but put together at the tables This arrangement improves the manners

The embryo Indian housekeepers presen

a sorry enough appearance when they first

knock at Uncle Sam's door-some in rage

some in tags, but rarely one in a civilized

ing to or remaining in the schools.

When their interference becomes

garment. By the judicious use of soap and water and a change of clothing a transformation is soon effected. In some parts of the Far West the old In-dians, "heads of families," do all in their power to prevent their daughters from go-

troublesome the agent has to resort to ex-In Utah the Indians show such opposition to the schools that it is frequently necessary to get the girls by force. The agents, however, persist in their efforts and sometimes succeed later in winning the "heads of familiea." that is to say, restless to an ordinary obin the end. Very often the soundest sleeper changes his position three or four times be-fore finally settling down. This is one of

Position is everything when sleeping. Has it occurred to you to consider how you sleep, what posture you instinctively assume, and in which one you get the greatest rest and benefit?

position, but will induce sweet dreams which-in the language of the wise-may be That there is much in this matter of That there is much in this matter of sleeping postures is vouched for by Doctor George F. Shrady.
"Strange to say," replied Doctor Shrady, when asked about sleep and its effects on our physical and mental condition, "while to many this may seem a trite subject, it

has occupied the attention of most acule scientific observers, who have gone to all sorts of pains in order to ascertain the tensity and duration of sleep under various

comfortable.
"Science tells us that children under 16

its acad and lice partly on one side and stomach. Probably one leg will be bent at the knee, while the other will be extended. It is not unusual to find children sleeping

the right side or the back so long as a person isn't troubled with insomnia?

rock. Civilized men, however, require good beds, fresh air and proper temperature. "The average temperature of the sleeping room at best is about 52 degrees Fahrenheit by different scientific observers and it has been noticed that raising the temperature very soon results in the waking of the